

BOOTCAMP (with straps):

Equipment: None

Location: Outside (grassy area)/ soccer fields or in doors on gym floor

What is boot camp: A style of training that will increase agility activity and work muscles from a variety of joint angles improving overall mobility.

How to do it:

- The FL should lead the group as one unit or for very large groups 2 or more fitness leaders may break unit into groups.
- The FL should perform each boot camp exercise for a total of 1 to 2 minutes.
- Perform the following exercise sequence / movement patterns:
 - (a) Run /jog/walk backwards
 - (b) Side shuffles
 - (c) Sprints
 - (d) Push-ups
 - (e) Ski jumps (side to side movements)
 - (f) Hanging leg raises using soccer goal post (if available).

Steps to follow:

- Warm-up 5 to 8 minutes.
- Perform low level static stretching
- Start boot camp
- Cool-down for 5 to 8 minutes
- Dismiss unit and brief next day workout